# Sun, Sand, Water…

- *They can sure be fun, but here are some tips to keep you safe!*

# GOING UNDER

## . . .or into the water this summer?

**Here are a few tips to make your swimming experience a safe one:**

- Swim in authorized swimming areas only
- Never swim alone
- Avoid or limit exposure to cold water temperatures
- Obey “no diving” signs - know water depth and obstructions; Know your limits and stay within them
- Keep an eye on weaker swimmers
- Alcohol and water DON”T mix
- Do not chew gum or eat while swimming
- Watch for changing weather conditions
- Never leave a child alone
- Keep an eye on yourself – watch for the TOOs

  Too tired  Too cold  Too much sun

  Too far from shore/safety  Too much strenuous activity

# BEWARE THE GREAT OUTDOORS!

**Swimming in a lake, river or sea is not like swimming in a pool!**

**Strong currents, rip tides, rocks and other things not found in a pool increase the danger.**

**LOOK BEFORE YOU LEAP!**

*a little ice in your water?*

***NEVER*** **DIVE OR JUMP INTO COLD WATER!**

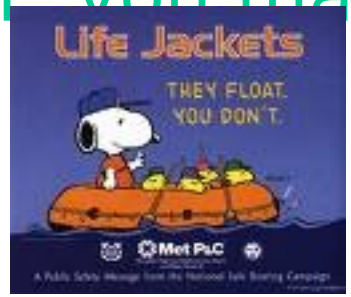
**Plunging into cold water can cause you to gasp -- and drown.**

**The sudden shock of cold water can make you inhale (whether you mean to or not) and fill your lungs with water.**

**Check first: if you have cold, icy water, don't go in!**

# Water Safety

- Don't swim near piers or breakwaters. The currents may be very strong, even for the best of swimmers.
- Stay clear of boats. They take time to change direction, and they may not even see you.
- Swim parallel to the shore. If you swim out too far, you may be too tired to swim back.




*Always wear a PFD when boating*

# Water Safety

- Spinal Injury Prevention:
  - Don't dive headfirst into any unknown water. Remember, the beach ocean floor may change its shape constantly.
  - In shallow water, don't dive headfirst towards the bottom into oncoming waves.
  - In shallow water, don't stand with your back to the waves.
  - Don't jump or dive from a cliff, pier, jetty or bridge.
- During a bodysurfing "wipe out," try to keep hands out in front of you.
- While bodysurfing, always keep at least one arm out in front of you to protect your head and neck.

Protect yourself from the sun:

- Reflective surfaces (like water) can reflect up to 85% of the sun’s damaging rays.
- Apply a broad spectrum sunscreen rated for UVA & UVB with an SPF of at least 15.
- Reapply sunscreen every 2 hours when outdoors; even on cloudy days.
- If extra susceptible to sunburn, wear clothing that covers exposed skin.
- Wear a wide-brimmed hat and sunglasses (UV ray protected) when outdoors. Stay in shade whenever possible.
- Protect children.  Minimize sun exposure and apply sunscreen.

# Mind the Heat!

- Drink plenty of water regularly and often even if you do not feel thirsty. Your body needs water to keep cool. Avoid drinks with alcohol or caffeine in them. They can make you feel good briefly but make the heat's effects on your body worse. This is especially true with beer, which can dehydrate the body

- Wear eye protection: Sunglasses are like sunscreen for your eyes and protect against damage that can occur from UV rays. Be sure to wear sunglasses with labels that indicate that they absorb at least 90 percent of UV sunlight.

The sun’s rays are strongest between 10 a.m. &